



## Tiramisu



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

DESSERT

## Ingredients

- ☐ 1.5 cups regular coffee with less) brewed
- ☐ 3 large pasteurized eggs separated room temperature
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.5 cup heavy cream chilled
- ☐ 2 tablespoons kahlua
- ☐ 8 oz mascarpone cheese
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract

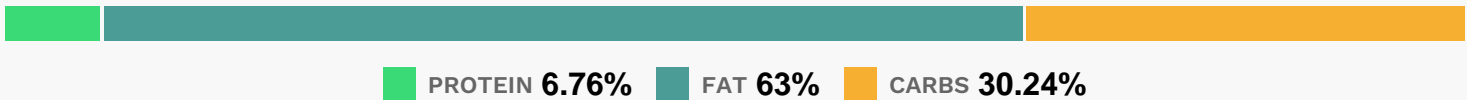
# Equipment

- ☐ bowl
- ☐ mixing bowl

# Directions

- ☐ Have ready an 8×3 inch glass dish.In a mixing bowl, beat egg whites with a pinch of salt just until they hold soft peaks.
- ☐ Add 1/4 cup sugar a little at a time, then continue to beat whites until they just hold stiff peaks.In a second large bowl, beat together yolks and the remaining 1/2 cup sugar until thick and pale, about 2 minutes. Beat in mascarpone until just combined. Beat in the vanilla.In a third bowl, beat cream until it just holds soft peaks. Fold the whipped cream into the mascarpone mixture gently but thoroughly, then fold in whites.Stir together coffee and Kahlua in a shallow bowl. Dip 1 ladyfinger in coffee mixture, soaking it about 1 second on each side, and transfer to the prepared dish. Repeat with enough ladyfingers (in my case it took 12 total) to cover the bottom of the dish.
- ☐ Spread half of mascarpone mixture evenly over ladyfingers. Repeat, making a second layer of ladyfingers and mascarpone mixture.Chill for 6 hours or overnight. Dust with cocoa powder before serving.

# Nutrition Facts



# Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-5, Nutrition Score:4.1934782480416%

# Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,  
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0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 388.23kcal (19.41%), Fat: 26.65g (41.01%), Saturated Fat: 15.93g (99.59%), Carbohydrates: 28.78g (9.59%),  
Net Carbohydrates: 28.78g (10.47%), Sugar: 28g (31.12%), Cholesterol: 153.21mg (51.07%), Sodium: 69.97mg

(3.04%), Alcohol: 1.2g (100%), Alcohol %: 0.88% (100%), Caffeine: 23.7mg (7.9%), Protein: 6.44g (12.87%), Vitamin A: 955.74IU (19.11%), Selenium: 8.42µg (12.03%), Vitamin B2: 0.2mg (11.86%), Calcium: 81.48mg (8.15%), Phosphorus: 62.8mg (6.28%), Vitamin B5: 0.58mg (5.84%), Vitamin D: 0.82µg (5.45%), Vitamin B12: 0.25µg (4.24%), Folate: 13.73µg (3.43%), Vitamin E: 0.45mg (3.01%), Iron: 0.48mg (2.65%), Zinc: 0.38mg (2.57%), Vitamin B6: 0.05mg (2.51%), Potassium: 83.37mg (2.38%), Magnesium: 6.21mg (1.55%), Vitamin B1: 0.02mg (1.49%), Copper: 0.02mg (1.17%), Manganese: 0.02mg (1.13%)